

Utah State Hospital Newsletter

Issue 44

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Leadership Changes

As many of you are aware, we have experienced many changes in the Department and Division Leadership. Palmer DePaulis, DHS Director and Marie Christman, DHS Deputy Director have both retired. We have been so fortunate to have such great advocates as Palmer and Marie leading the Department. They were a great support for our new buildings and understood the complexities of our mission and the importance of what we do as part of the mental health system. They have always been there for the hospital. The Governor's Office announced that Ann Silverberg-Williamson will take the helm as our new Department Director. Ms. Williamson served most recently as president and CEO of the Louisiana Association of Nonprofit Organizations (LANO) in Baton Rouge. Before that, she was director of the state Department of Social Services under Gov. Bobby Jindal and his predecessor Gov. Kathleen Blanco. "Ann has a record as a visionary leader, an effective administrator, and, most important, a compassionate and caring person," Herbert said in a statement. "She is well-suited to lead our Human Services team as they provide much-needed services for our most vulnerable citizens." We look forward to meeting our new Director and introducing her to the hospital.

With Marie leaving, Lana Stohl, our previous Director of DSAMH, was appointed as our new Deputy Director of DHS. Lana has also been a tremendous support to the hospital and we are excited that she will remain a member of our Governing Body. Doug Thomas, Deputy Director of DSAMH will take the role as our new DSAMH Director. Doug will directly oversee the operations of the hospital from DSAMH. He has worked in the Mental Health and Substance Abuse field in various capacities and currently serves as the Director for the State of Utah, Division of Substance Abuse and Mental Health. His work experience includes clinical, administrative, and support service roles in community mental health and substance abuse treatment, prevention and recovery programs. We are fortunate to have both Lana and Doug supporting and leading us at the Department and Division and we will miss Palmer and Marie very much. They have been very much an intricate part of the hospital and very supportive in so many ways. We are excited to have Ann, Lana and Doug on board and to work closely with them.

~Dallas Earnshaw, Superintendent



Marie Christman



Lana Stohl



Palmer DePaulis



Ann Silverberg-Williamson



Doug Thomas

Dr Spencer Retires as USH Clinical Director

Dr. Richard Spencer recently retired after 18 years of service. Dr. Spencer was our clinical Director and was one of the greatest Patient Advocates of any Clinical Director at USH. His commitment to excellent patient care was felt by all those who worked with him. He set the bar high for us and led us into a progressive era of Best Practices, reinforcing the hospital's commitment to those we serve.. He exemplified an attitude of HOPE and taught by example. He will be greatly missed.



Dr. Madhu Gundlapalli



Dr. Richard Spencer

Welcome Dr G as our new Clinical Director

We are excited to welcome our new Clinical Director, Dr. Madhu Gundlapalli. We all know her as Dr. "G". We are very fortunate to have someone take the clinical leadership role that has Dr. Gundlapalli's level of expertise and commitment. She has a great reputation throughout the State of Utah as a leader in Psychiatry. She brings a level of enthusiasm and energy that will support us all and help us achieve new heights of excellence. We have all the confidence that she will help us be at the top of our game! She leads an amazing Medical Staff who have the resolve to keep USH as a leading State Hospital in the country.

~Dallas Earnshaw, Superintendent

The Great Utah Shake Out Drill

On April 17, 2013, the Utah State Hospital participated in a statewide earthquake drill titled, The Great Utah Shake Out. This drill provided a great opportunity for the hospital to test our emergency resources and identify gaps in our hospital-wide disaster preparedness.

During the activity we were able to activate our command center, test communications with other hospitals and organizations in the community, utilize staff and equipment, and activate our CERT team. Staff response to the drill was greatly appreciated. Thank you to all staff who played a role in this drill and to all staff here at the hospital for the great job they do!

~Michael Ah You, Clinical Risk Manager



USH Command Center



USH CERT Team



USH Command Center 2

USH Celebrates Its 128th Birthday

USH celebrated its 128th birthday with snow cones, games and prizes in front of the administration building this year. We look forward to many more birthdays to come!



Beam Ceremony

As all of you can see, the Building Project is coming along very nicely. The buildings are taking shape and they are going to be a great addition to our campus. One milestone in the construction timeline is the placement of the final Beam in the building. A beam was placed at the entrance of the Administration Building, allowing staff and patients to sign. A Beam Placement Ceremony was held on Wednesday, August 28th to place the final beam in the Pediatric Building (Mountain Springs Pediatric Treatment Center). Layton Construction sponsored the event and were very daring to allow our Superintendent to drive the fork life to raise the beam into place. Luckily, no new entrances were created in the wall of the building. We have placed floor plans in the lobby of the Heninger Administration Building and everyone is welcome to come and see the plans and how the buildings are designed. The project continues on schedule for completion Spring 2014.

~Dallas Earnshaw, Superintendent



Dallas Earnshaw



Tom Shults, Dr. Keri Herrmann, Deann Bradford & Brad Saunders



Korey Larsen & Tom Shults



Dr. Keri Herrmann



The Medical Services Building

If you have been on a walk around the campus and stopped to look up on the south side of the MS building you might have noticed the medical symbol, Caduceus embedded in the building. If you have spent time on the Children's Unit you might have noted the unusual plugs on the wall that provided oxygen and other medical needs. Both of those items as well as the building's original name, the Medical Surgical building, indicate the original purpose of the building to provide modern medical treatment to patients at the hospital.

From the beginning, the hospital provided both medical as well as surgical services to patients and for a time to staff as well. However, in 1885 when the original building was constructed no area had been designed to provide surgical or medical services. Rooms were remodeled over time to accommodate those needs but it wasn't until 1955 with the dedication of the Medical Services building that a modern medical facility was available. An article in a 1955 employee newsletter "*The Indicator*" noted that "Dedication of the new million dollar medical-surgical building marked a significant milestone in an institution that has been too-long neglected from a standpoint of a modern plant and equipment".

The new building had space for sixty-five beds that were equipped with a nurses call button, two large operating rooms with modern equipment, an X-ray room, pharmacy and a classroom for attendant and nurse training. There was also a large day room for patients convalescing from surgery with nurses stations in the center of the two wings. A morgue as well as laboratory were located on the first floor.

The Indicator also noted that the building's intent was "to provide first class medical attention to physical ailments, provide a modern center for treatment of physical ills which cause mental illness and to provide for certain types of research". What was not mentioned in the newsletter is that the building was also designed to provide the necessary equipment to perform lobotomies.

The July 1955 patient newsletter, *The Lodestar*, wrote in an article that "Dr. Peter Lindstrom, who is possibly more well known as the ex-husband of Ingrid Bergman than for his great work as a neurologist, will be the consulting Neuro-Surgeon for the new hospital." In fact, Dr. Lindstrom visited the hospital several times in 1954 in order to provide the necessary training to hospital staff on how to perform a lobotomy. However, with the development of Thorazine in 1954 and its wide spread use by the time the MS building opened in August of 1955 no lobotomies were ever performed at the hospital. By the 1950's there were 67 patients at the hospital who had had a lobotomy; most were performed by a doctor in Ogden.

With the advent of Community Mental Health Centers in the 1970's and the rapid advancement of both medical and mental health care, it was no longer necessary for the hospital to provide the level of medical care that could now be provided in the patient's own community.

In 1972, the old ward known as MS1 located on the second floor became the Children's unit. Eventually the top floor that had originally been the surgical area was converted into the children's school. The lab became the office for computer and technology services, the morgue made way for medical records and staff development, and storage areas became the Sunrise Program and admitting office. Over time the building's name was changed to the Medical Services building to reflect the changes in the building's purpose.

Next spring the Medical Services (MS) building, one of the oldest buildings on campus, will be demolished and in its place will be a new youth complex, the Mark I. Payne building and a modern clinics building. The statement that Dr. Owen Heninger made at the opening of the new Medical Surgical building in 1955 is still applicable to the opening of our new buildings: "This is more than a beautiful, well-equipped hospital-it is a symbol. It shows the level of our knowledge, understanding and faith. It indicates that we recognize the individual to have status and worth. We now recognize that when an individual is made healthy, strong and dignified, these qualities are in some measure reflected to all men everywhere".

~Janina Chilton, USH Historian



Medical Services Building

USH Maintenance

Congratulations to our Maintenance Department!!!! This past summer, during the Bureau of Administrative Supports annual Maintenance Conference our Maintenance Department received the Top Quality Region Award with a Facility Audit Score of 96.9%. This award is a result of the audit that is conducted annually at all DHS Maintenance Facilities.

The Maintenance Department would like to thank all of the hospital personnel that help to keep our facilities in great shape, without your help this award would not be possible. It really does take everyone's help to keep the Hospital functioning the way it does so thanks to all of you!!!!

~Kendall Johnson, Facilities Manager



USH Maintenance Dept

Online Suggestion Box

There is now an online option for providing suggestions and sharing ideas to improve processes and procedures within the Department of Human Services. This option is available through **Online Suggestion Box** via the link: hsemployee.utah.gov/suggestions

The site is secure and requires employees to use their Utah-ID Login to access it. The purpose for the security is to keep the site internal to the department and provide an opportunity to recognize staff that provide suggestions that result in creative, cost-effective and innovative ways to improve our processes for employees and the people we serve.

When I asked for an institution that was willing to experiment and pilot this idea, Dallas Earnshaw asked if we could try it out at USH. This site is a great way for staff to continue to be an integral part of the Department of Human Services. Remember, it is not a "complaint" system. It is designed to stir creativity, not the pot. Employees are encouraged to use the **Online Suggestion Box** by submitting suggestions for improvement anytime via the above link. All suggestions will be reviewed and responded to by Executive Staff.

~Palmer DePaulis

DHS SUGGESTION BOX

**Have a good idea?
Let's hear it!**

Online and easy.
hsemployee.utah.gov/suggestions



USH Welcome Gardens

Over the past few years, the USH Occupational Therapy department has worked with patients and staff throughout the hospital to spring new life into a previously underutilized treatment area of the hospital: the Welcome Gardens. The Welcome Gardens, located behind the garages adjacent to the Historic Superintendent's House/Museum to the north of the main entrance to campus off of Center Street, have a strong historic connection to when the Hospital was more self-sufficient and rooted in a traditional agricultural heritage. In recent seasons, a temperature controlled greenhouse has been set up, providing year-round space for horticulture activities to occur; an extensive length of raised garden beds has been erected on the north fence in the garden, providing ample space for the growth of melons, tomatoes, and squash; Grounds has helped to install an efficient drip-line system for the raised garden beds. We are continually working hard on improving the overall appearance and functionality of the Welcome Gardens.



Not to be overlooked, the Gardens have become a welcome location for therapeutic endeavors. Some USH patients are able to complete industrial assignments in a supervised and structured manner during the week, tending to the daily maintenance of the garden, as well as learning to nurture living objects and other real-life skills to prepare them for productivity in the community at discharge. Additionally, the Excel House and Endeavor Clubhouses, OT Cognitive Workshop, and Nutritional Management groups all enjoy the rewards of the harvest and use many of the fresh garden herbs and vegetables as part of their food items prepared for their groups and programs.

The Welcome Gardens also serve as a location for sensory processing. Patients may go to the gardens and learn to identify and practice different tactile (touch), gustatory (taste), visual (sight), auditory (sound), olfactory (smells), vestibular (balance), and proprioceptive (body position) skills to help them to be able to enjoy interacting with their environment in a realistic fashion.

Additionally, the Welcome Gardens have helped to develop more community connections via Eagle Scout projects, activities with local high schools, and through the help of some fantastic volunteers. We hope this has helped to decrease stigma and helped the public understand the purpose of USH.

In the coming months and years, we envision the Welcome Gardens to not only serve its therapeutic design as it stands today, but also to become a place of sanctuary on campus. To help to accomplish this objective, the Occupational Therapy department has sponsored annual Farmer's Markets (such as the one held on September 11th this year) to sell some of the items harvested from the garden. Thanks to the generous funds received from this activity, Occupational Therapy is able to purchase quality seeds, tools, and other implements to bolster this therapeutic environment for our patients.



We hope that you all may find a moment to stop by the Welcome Gardens and explore a little slice of USH that most people do not see on a regular basis, and do so often. The patients and staff have worked diligently so that it can continue to GROW.

~Rick Ericksen, Occupational Therapy

Hospital Hustle



2013 Hospital Hustle

The 3rd annual Hospital Hustle hosted by the children's unit took place Thursday, September 19th. Once again, the race was a huge success. Both patients and staff had a great time working on fitness goals together as they prepared for the event and participated Thursday evening. A lot of patients joined in either the mile run or the 5K. The friendly competition motivated everyone to have fun while realizing the benefits of being physically fit.

The kids from the children's unit performed a fun, energetic dance in their bright yellow race shirts to kick off the occasion. Then, both races started at 6:15pm with over a hundred runners. After the event, everyone enjoyed delicious, nutrition snacks as awards were claimed for each event. Official times are available through the children's unit RT department.

The children's unit would like to thank all of the great helpers who made the event possible. Security, food services, maintenance, RT department and administrative staff all graciously supported the race. Also, many community volunteers provided running escorts, t-shirts, timing services, etc. We look forward to seeing you all next year for the 4th annual Hospital Hustle.

~Merrilee Manwaring

Spirit of Safety Award Winners

We would like to congratulate Mike Tucker, Daniel Tunseth and James Walker who received the Spirit of Safety Award. They received an incentive for their excellent efforts in patient care. These are individuals whose intervention skills were recognized by their peers as having a positive impact on patient care. They each intervened in a difficult situation on their units to redirect or de-escalate a patient to avoid a critical incident from occurring. They are examples to all regarding the use of therapeutic interventions and excellent clinical skills. We want to encourage you to remember to submit your nominations to Marlow Plumb in Quality Resources. Supervisors and co-workers are encouraged to submit names of employees that demonstrate any of the following:

1. Excellent decision-making and intervention skills which redirect a patient from acting out in a violent manner.
2. Compassion and a Therapeutic approach which results in a patient being able to work through a difficult issue or situation and allows them to have positive outcomes in treatment.
3. Effective De-escalation Skills which help to avoid violence and prevent a possible Injury, Seclusion and/or Restraint from occurring.
4. Professionalism and Competence in regards to helping a patient avoid being Re-traumatized during a critical incident.





Goodbye to Summer

Food Services said goodbye to summer with an Aloha Barbeque on the 20th of August. The menu featured Hawaiian chicken, corn on the cob, salad and coconut tapioca pudding. Traditional Hawaiian dances were performed by the daughters of one of our cooks. While this is the last barbeque for this year, we look forward to having more fun next summer with more events. We would also like to welcome Kristen Moffatt to the Food Services department. She will be the clinical dietitian on the Girls Youth, Mountain View, Legacy and ARTC units.

~Darla Miller, Food Services Director

Retirements

We would like to wish the following people the best of luck in all their future endeavors and thank them for all they have done for the hospital:

Thelma Poulson, UND on Northeast Unit retired in July with 19 years of service
Richard Spencer, Clinical Director retired in August with 18 years of service and
David Valdez, Psych Tech retired with 25 years of service

Years of Service Awards

We would like to acknowledge the following employees for their dedicated service:

30 Years

Louis Nielson, RN

25 Years:

James Faulkner, UND
Tom Payne, Licensed Clinical Therapist
Sally Ellison, Senior Psych Tech
Susan Lindberg, Pharmacist

20 Years:

Claudia McNamara, RN
Elaine Norton, Psych Tech

15 Years:

Keri Herrmann, Psychiatrist
Susan Morries, Housekeeping
Carlos Sylvanestroke, IT
Michelle Weight, Senior Psych Tech

10 Years:

Rita Brooks, Secretary
Sachin Rajhans, Psychiatrist
Travis Thomas, Psych Tech
Linda Yeager, RN
Ale Marquez, Secretary



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